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Your essential daily news | TUESDAY, SEPTEMBER 20, 2016

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Uber bad idea

WINTER SERVICES

City staff reject councillor's pitch for snow-clearing app

Stephanie Taylor
Metro | Winnipeg

An Uber-style app for snow clearing in Winnipeg is a bad idea, say city staff.

Coun. Russ Wyatt (Transcona) floated the idea past the innovation committee back in April.

Administrative staff have since studied his request for an app-like service that would allow individuals and smaller private contractors to bid on snow- and ice-removal jobs on residential streets, sidewalks and back lanes.

The hope was to see a pilot this coming winter.

But a new report says no such pilot should go ahead because the city's existing snow-clearing contracts do not expire until the 2017-18 winter.

"Implementing such a pilot in (the) future has the potential to give rise to significant problems in terms of customer service, quality control and civic liability — depending on what changes are required to the city's business model for snow clearing," reads the report.

It says smaller contractors and individuals can apply to snow clearing jobs under the current system.

"The fact that that's not happening speaks for itself," Wyatt said Monday.

"It's not a system which encourages that."

The report adds that if a new app were introduced, the city's business model for snow clearing would have to change to allow for a more ad-hoc approach to snow removal.

"This would result in delayed service and/or the need to keep additional city resources in reserve to meet shortfalls in service."

Wyatt said the public works department informed him the idea was not viable shortly after it was introduced.

He believes that's not the case but cites a lack of political or administrative will to try something new.

"The only administrative will or political will that exists today is to increase your taxes or create new ways of raising taxes," Wyatt said, hinting at Mayor Brian Bowman's push for growth fees.

Friday's innovation committee will discuss the report.

HITTING THE BRAKES

Members of the South St. Boniface Residents Association, from left, Sandra Dupuis, Christine Trickey and president Michelle Berger at city hall on Monday.

LYLE STAFFORD/FOR METRO

City hall backpedals on $556M Marion Street widening following public outcry metroNEWS

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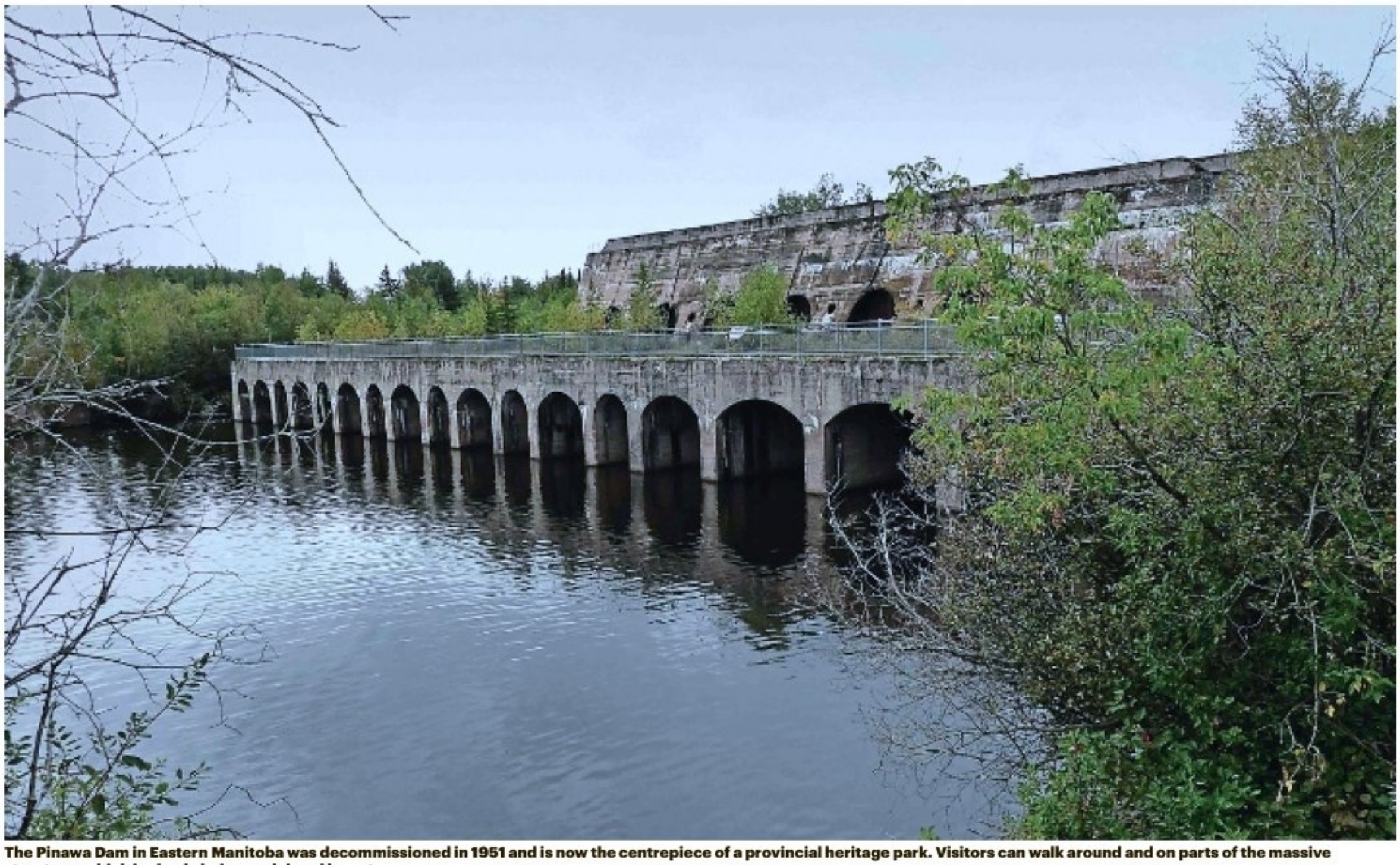


The Pinawa Dam in Eastern Manitoba was decommissioned in 1951 and is now the centrepiece of a provincial heritage park. Visitors can walk around and on parts of the massive structure, which is slowly being reclaimed by nature. STEVE LAMBERT/THE CANADIAN PRESS

Walk among ruins reclaimed

PINAWA

Abandoned dam adopted by nature and non-profit

Walking amid the crumbling ruins of the Pinawa Dam feels a bit like stumbling onto the set of a post-apocalyptic movie.

Chunks of concrete have fallen or eroded from the massive, 13-metre-high structure. Trees and grass are growing on and around what is left.

Nature is reclaiming the site of Manitoba's first year-round hydro-electric generating station, more than a century after it was built and 65 years after it was decommissioned and, briefly, subjected to military exercises that included the use of dynamite.

The dam is now the centrepiece of a provincial park and is strikingly accessible. Visitors can walk around the structure and, in some places, directly on top of it. Hop into a boat or canoe and you can wind your way through the bottom of the ruins, staring up at the empty chambers where turbines once captured the power of the Pinawa Channel and where bushes and trees now grow. It is eerily quiet inside the remnants of this hulking industrial relic.

"It's a unique way that you can touch a piece of history," says Morgan Hallett, eastern region parks specialist for Manitoba Sustainable Development.

"You can see things that ... normally you would see from afar. Now you can actually see how big things are when you can stand next to them and get that kind of perspective."

> **It's a unique way that you can touch a piece of history.**
> Morgan Hallett

Built in 1906 for the growing needs of Winnipeg, the dam was decommissioned in 1951 to make way for a larger generating station downstream. There was not much in the way of environmental remediation in those days, so the equipment was removed and a nearby town site was dismantled. But the concrete remained.

"The first time I saw it, I couldn't believe there were these ruins in the middle of the bush," Vivian Thomson recalls of the occasion she came across the dam shortly after moving to the area in 1968.

Thomson and other area residents later established Friends of Old Pinawa, a non-profit group that has helped with amenities at the site, which became a provincial park in the 1980s and was expanded in 2009.

The park covers 25 hectares and includes walking trails, a small amphitheatre and interpretive signs that detail the area's rich history.

Friends of Old Pinawa have helped make the site very user-friendly — earth fill and fences were put up over the years so that visitors can walk right alongside the structure and on top of one section. Visitors can also scramble among the rocks that surround the dam and walk in the nearby forest where deer and other wildlife are often seen.

"(The dam) was a really great feat of engineering. It's a really tough site, but ... slowly, as you can see, with the weathering and the wind and the rain and the snow and the different plants that grow on it, we're going to be able to see how it melds in with the park that surrounds it," Hallett says. THE CANADIAN PRESS

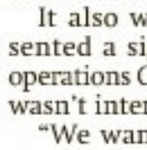
IF YOU GO

- The park is a 90-minute drive northeast of Winnipeg, near the town of Pinawa. The last seven kilometres are on a gravel road (Provincial Road 520).
- There is a short, easy trail from the parking lot to the two main lookout points. Other trails that take visitors around the structure require walking among large rocks, but there are small bridges and walkways over the more tricky sections.

Lotteries relocation nixed

DEVELOPMENT

Crown corp. to focus on core business, drops $75M move



Braeden Jones
Metro | Winnipeg

The old Medical Arts Building won't look like this after all. The Manitoba Liquor & Lotteries says it won't follow through with its $75 million relocation plan. CONTRIBUTED

Not moving is the best move for the Manitoba Liquor & Lotteries.

That's the new message from the Crown corporation, following a review of a $75 million plan to centralize its offices in downtown Winnipeg.

It was around this time last year when the former NDP government announced the plan to buy the Medical Arts Building on Kennedy Street. But MBLL board chairwoman Polly Craik said the move just wouldn't make sense.

"At first blush, we simply don't need a new head office," she said.

While moving 400 employees from five offices into the 15-storey building may have introduced efficiencies and cost savings, the corporation's review determined those net savings would be negated by the risk of cost overruns.

It also would have represented a significant shift in operations Craik said the board wasn't interested in.

"We want to focus on the business that we are in.... Our core businesses are liquor and gaming," she said. "This project (would have meant) we become property developers, project managers, landlords."

She said adopting those new roles for the next few years from a development standpoint, then shifting focus to being landlords and managing the property, isn't what Manitobans expect of MBLL.

"Our job is to make sure we can contribute money back to the government that then goes into frontline services... That's our job," she said.

Through its core businesses, MBLL brings in revenue that is redirected into education, health care and other social and community services.

In a statement released Monday, Manitoba's new PC government "welcomed the decision by MBLL to cancel the unnecessary downtown relocation."

Crown Services Minister Ron Schuler said the mandate from the electorate in April's NDP-reign-ending election was restoring "prudent fiscal management to government operations."

"Our government is pleased that proper due diligence has demonstrated the previous government's pursuit of this project was not in the best interest of Manitoba taxpayers and would involve activities well outside the core mandate of MBLL," Schuler said.

METRO TIMELINE Brief history of the Medical Arts Building

1974
The new 15-floor Medical Arts Building opens doors at 233 Kennedy St. It's the largest medical office in Winnipeg at the time.

2006
Winnipeg-based Huntingdon Real Estate Investment Trust purchases the Medical Arts Building for $14 million.

November 2014
Slate Asset Management acquires all Huntingdon shares for $210 million.

Sept. 29, 2015
Manitoba Liquor & Lotteries (MBLL) announces a $75 million plan to buy the Medical Arts Building and turn it into the corporation's new headquarters. The plan was to expand the first five floors and rent out the top 10 floors to existing and new tenants.

April 19, 2016
The Progressive Conservatives win a majority government. Premier Brian Pallister then promises to overhaul how Crown corporations operate, including Manitoba Liquor & Lotteries.

Sept. 19, 2016
MBLL announces it's scrapping the $75 million renovation plan. Board chairperson Polly Craik says "we simply don't need a new head office.

IN BRIEF

Councillor requests bike helmet report extension

The City of Winnipeg may still overhaul safety requirements for cyclists — but not yet.

Public Works director Lester Deane has asked for a 180-day extension on Coun. Russ Wyatt's request for a report on mandatory helmet usage for all ages.

He explained the goal is to "come up with a list of best practices and what's happening in other jurisdictions" with mandatory bike helmet laws, as well as rules on lights and bells.

BRAEDEN JONES/METRO

Committee supports removal of library fines on kids, youth materials

Once upon a time, a city councillor sought to eliminate overdue library book fines for children in Winnipeg.

Now Coun. Matt Allard is one step closer to his "happily ever after" ending, after a committee voted in support of his idea on Monday.

The plan to do away with the fees on overdue youth and young adult materials still requires council support during the 2017 budget process. It would cost about $102,000 in lost revenue. BRAEDEN JONES/METRO

City nears trimmer lawns

The City of Winnipeg is one step closer to having trimmer grass in 2017.

Monday's committee on protection, community services and parks gave a unanimous vote to see $2.8 million extra spent on grass cutting. Coun. Russ Wyatt pitched the idea several months back following the annual onslaught of complaints from residents about long grass.

STEPHANIE TAYLOR/METRO

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TRANSIT TUESDAY
Weekly Transit News Update

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Winnipeg

Plans to widen Marion Street are on hold, but the community is angry at a lack of consultation on it. LYLE STAFFORD/FOR METRO

'Horrible' consultation

ST. BONIFACE

Plans to widen street weren't communicated well, they say

Stephanie Taylor
Metro | Winnipeg

St. Boniface residents will have to wait a bit longer before the nails are hammered into the coffin of the controversial $556-million Marion Street widening project.

On Monday, the committee on infrastructure renewal and public works voted unanimously to delay a vote to scrap the project and pay $200,000 more to hire a consultant to find cheaper options.

A report penned by transportation manager Luis Escobar said the city would have to finance the project through $20 million of debt annually, and recommended that cheaper options be studied.

Among the proposed alternatives: improvements to traffic control at intersections in the area, a realignment of Marion Street towards Dugald Road and other upgrades to pedestrian and cycling infrastructure

Although Escobar told Monday's committee the city wants to find a smaller-scale, less expensive option than widening Marion and building either an underpass or bridge, it would not offer the same long-term traffic flow benefits the current plan would.

Councillors decided to delay the vote after about 10 St. Boniface residents appeared before the committee hours earlier to express their frustration about how they were consulted — or, rather, not consulted — about the plan.

Sandra Dupuis, board member of the South St Boniface Residents' Association, said they collected 3,712 signatures from people opposed to the project.

She also read some of 218 complaints filed by residents, who criticized nearly every aspect of the consultation process used by MMM Group.

"Need better and real consultation," and "Never voting for Bowman or Allard again," were some of the comment reads.

For example, business owner Georgia Skarpais — one of the 140 property owners whose land had been eyed for expropriation — said she learned this news through a letter addressed to her home, not her business.

She said she was not properly notified as to when consultations were happening.

"I just want to make sure that whenever you guys get a consultant they do a better job letting us know what's going on in St. Boniface, please," she told Monday's committee.

The testimonies prompted committee chairperson Coun. Janice Lukes (St. Norbert) to apologize to delegates for the "absolutely horrible consultation process."

"We're failing on consultation," she said, referring also to the expansion of bus rapid transit, and the ongoing debate around growth fees.

Public works director Lester Deane said although he did not feel the consultation process was lacking, he acknowledged that residents did not agree.

Lukes rejected the plan the department had to rehire MMM Group to do more community consultation on options for Marion Street.

"I think the community has lost complete faith in MMM," she said.

Monday's committee agreed to put more thought into who will conduct the next round of consultation.

URBAN PLANNING

Councillor calls for transportation authority

Janice Lukes says it's time for Winnipeg to get a transportation authority.

The St. Norbert councillor — and chairperson of the infrastructure renewal and public works committee — made the comments to reporters Monday, following a debate to scrap a $556-million plan to widen Marion Street.

She said it was astounding that the project got so out of hand that it was rejected by city staff, reviled by thousands of residents — including the area councillor — and estimated to cost more than half a billion dollars.

"It sounds like this project was really driven by area councillors prior and current," Lukes said later.

She was referring to former councillor-turned-MP Dan Vandal, former MP Shelly Glover and current area councillor, Matt Allard, who has since changed his mind about the project.

Lukes said while she does not believe in adding new layers of bureaucracy at city hall, she thinks there's value in creating a transportation authority or commission.

> **People want to see transportation investments strategic.**
> Coun. Janice Lukes

Having politicians from various levels and jurisdictions weigh in on transportation matters "creates more challenges," she added.

"People want to see transportation investments strategic and for the big picture."

"I think there's an opportunity to look further at that."

STEPHANIE TAYLOR/METRO

MIGRANTS

Report urges overhaul of worker program

Luke Simcoe
Metro | Toronto

A parliamentary committee is recommending a series of sweeping changes to Canada's temporary foreign worker program.

The program, which allows employers to hire foreign nationals to fill temporary labour shortages, came under scrutiny in 2013 when the CBC reported a number of companies — ranging from Royal Bank to McDonald's — were relying on foreign labour rather than hiring Canadians.

In response to the backlash, the federal government clamped down on the TFW program, limiting the number of foreign workers a company can hire and increasing oversight to prevent workers from being abused.

The restrictions led to a sharp decline in the number of temporary foreign workers entering Canada.

"We went from one end of the spectrum, where everyone was let in, to the other end of the spectrum where hardly anybody was let in," Immigration Minister John McCallum said in August.

Now, a parliamentary committee is recommending relaxing the rules imposed on the TFW program by the previous Conservative government.

The report, released Monday, suggests raising the cap on the number of foreign workers a business can employ from 10 per cent to 20 per cent. It also recommends restructuring the program to accommodate the needs of different businesses.

However, the same report calls on the government to better channel foreign workers into permanent residency. It also notes "migrant workers continue to suffer from labour standards violations at the hands of their recruiters and employers."

The Coalition for Migrant Worker Rights Canada praised the government for acknowledging the TFW program needs reform, but called the report "vague." The group called for legislation making it easier for foreign workers to become residents.

POLITICS

Ex-stats chief doubts independence promise

The country's former chief statistician is casting doubt on the Liberal government's promised commitments to Statistics Canada based on its handling of an issue that forced his sudden departure last week.

Wayne Smith quit Friday after losing a battle over Statistics Canada's involvement in a five-year-old - and controversial - central IT department, Shared Services Canada. Smith told Prime Minister Justin Trudeau last month he would resign if the issue wasn't resolved to his liking.

THE CANADIAN PRESS

We must do more, prime minster says

UNITED NATIONS

Canada to boost funds for migrants and refugees globally

The grim shadow of world events descended over a conference on refugees on Monday as Prime Minister Justin Trudeau and other world leaders gathered to make new commitments to victims of a historic migration crisis.

News crept in from nearby and abroad to underscore the oft-stated point at the summit that work on refugees remains a task in progress. As the prime minister spoke, word filtered out about bombing ending Syria's ceasefire.

While the war made new victims, the debate closer to the New York conference revolved around whether to show them any hospitality. A series of attempted bombings in the city added new fuel to a combustible U.S. election debate on Muslim migration.

Trudeau got applause from delegates to the United Nations conference when he mentioned Canada's acceptance of almost 31,000 refugees. A CNN anchor moderating another event quoted Trudeau welcoming refugees at the airport. He didn't let the applause linger long.

"While that is a great story, I don't want to lose sight of the fact that Canada's engagement must not stop at resettlement," Trudeau said.

"Now is the time for each of us to consider what more we can contribute. So, in Canada, we're looking at our options."

He announced Canada would spend an additional $64.5 million over the next several years to support people affected by humanitarian crises around the world, and increase its foreign-aid budget by 10 per cent to help displaced children get back to school.

The challenge was illustrated by the woman seated beside him. In Jordan, the unofficial population count is now almost 10 per cent Syrian refugees: "Will we leave refugees to languish in camps ... and slums?" said Queen Rania, who co-chaired one of the discussion sessions with Trudeau. THE CANADIAN PRESS

Justin Trudeau speaks at a Global Compact Luncheon at UN headquarters in New York on Monday. THE CANADIAN PRESS

INQUIRIES

At least 13 countries have made inquiries about Canada's private refugee-sponsoring system in the hope of potentially emulating it, immigration minister John McCallum said during a conference on the migration crisis.

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Suspect captured in gun battle

NEW YORK

Ahmad Khan Rahami arrested in connection with bombings

A New Jersey police officer responding to a call about a hoodied vagrant curled up asleep in a bar doorway roused him and quickly recognized the bearded face of perhaps the most wanted man in America.

Ahmad Khan Rahami — identified in an FBI bulletin just hours earlier as a man wanted in the weekend bombings in New York City and New Jersey — pulled a gun, shot the officer and triggered a running gun battle in the street that ended with Rahami wounded and in custody Monday, authorities said.

A bloodied Rahami was loaded into the back of an ambulance, just 50 hours after the first blast that started it all.

Rahami, 28, a naturalized U.S. citizen from Afghanistan who lived with his Muslim family in Elizabeth, N.J., underwent surgery for a gunshot wound to the leg as authorities began drawing up charges in a case that spread fear across the New York area and revived anxiety about homegrown terrorism.

New York Mayor Bill de Blasio said officials have every reason to believe the series of bombings "was an act of terror," though investigators said Rahami's exact motive isn't yet clear.

With Rahami's arrest, officials said they have no indication there are more bombs or suspects to find, though they cautioned that they are still investigating.

Still, after a whirlwind investigation that put Rahami in custody in just two days' time, "I'm a lot happier today than I was yesterday," New York City Police Commissioner James O'Neill said.

Ahmad Khan Rahami is taken into custody after a shootout with police on Monday in Linden, N.J. Rahami was wanted for questioning in the bombings that rocked the Chelsea neighborhood of New York and the New Jersey shore town of Seaside Park. BOSTON HERALD/THE ASSOCIATED PRESS

The probe started when a pipe bomb blew up Saturday morning in Seaside Park, N.J., before a charity race to benefit Marines. No one was injured.

Then a shrapnel-packed pressure-cooker bomb similar to those used in the Boston Marathon attack exploded Saturday night in New York's Chelsea section, wounding 29 people. An unexploded pressure-cooker bomb was found blocks away.

Late Sunday night, five explosive devices were discovered in a trash can at an Elizabeth train station. Investigators said they are still gathering evidence and have not publicly tied Rahami to those devices.

Late Monday, a hospitalized Rahami was charged in New Jersey with five counts of attempted murder of police officers in connection with the shootout and was held on $5.2-million bail. Federal prosecutors said they were still weighing charges over the bombings.

Rahami lived with his family above their fried-chicken restaurant in Elizabeth, and his relatives have clashed with the city over closing times and noise complaints they said were tinged with anti-Muslim sentiment.

Authorities zeroed in on him as the potential bomber after a fingerprint and DNA lifted from one of the New York sites and "clear as day" surveillance video from the bombing scene helped identify him, according to three law enforcement who spoke on condition of anonymity because they were not authorized to discuss the case. THE ASSOCIATED PRESS

Rahami called 'friendly' but changed after foreign travels

To neighbours and customers of his family's storefront chicken takeout, Ahmad Khan Rahami was a friendly, quiet presence behind the counter who liked talking about cars and was generous with free food.

So when the 28-year-old Afghan immigrant was apprehended Monday as the lead person of interest in bombings in New York and New Jersey, those who knew him expressed shock, questioning whether his turn to religiosity in recent years might have hinted at views otherwise kept hidden.

Rahami's father and brothers had long nursed tensions with neighbours and officials in Elizabeth, N.J., over the restaurant's late hours, a conflict the family claimed in a lawsuit was the result of discrimination against them as Muslims.

But Ahmad Rahami's demeanour — increasingly devout but more likely to talk about worldly pursuits than his faith — never hinted at anything but goodwill, customers said.

"He'd always talk about his cars. He loved his Civics, he loved going fast," said Ryan McCann, a frequent customer at First American Fried Chicken, the restaurant that Rahami's father, Mohammed Rahami, has run since 2002. "He was so friendly he'd give us free chicken here and there, just because we shopped there so much."

Rahami wasn't on any terror or no-fly watch lists, a law enforcement official said, but he'd been interviewed by officials for immigration purposes.

Flee Jones, 27, who said he'd known Rahami since they were teenagers, told reporters he'd noticed a change in Rahami's personality after a trip to Afghanistan in 2014. When Rahami returned, he "got more religious" and dressed differently than before, Jones said.

"He was more quiet and more mature," Jones said. "I said, 'Oh, where have you been?' And he said, 'Oh, vacation.' But I knew he went to Afghanistan because his little brother said it."

THE ASSOCIATED PRESS

IN BRIEF

Man jailed for attacking woman in shorts

Turkey's state-run news agency says a court has ordered a man arrested pending trial for attacking a woman who was wearing shorts on a bus, after his initial release caused uproar. Anadolu Agency says the court in Istanbul ordered Abdullah Cakiroglu jailed for "inciting hatred" and "preventing a person's right to exercise his or her freedom" for kicking Aysegul Terzi in the face. Cakiroglu was released from custody despite expressing no remorse. His release sparked uproar on social media and protests.
THE ASSOCIATED PRESS

Two-faced calf born

Visitors to a central Kentucky farm may do a double-take when they see the newest addition: a two-faced calf. Stan McCubbin of Campbellsville said that he thought he had twins when he first saw the calf. The female calf has two noses, two mouths and four eyes, though the middle two eyes don't function.
THE ASSOCIATED PRESS

Iran sentences U.S. resident to 10 years

A U.S. resident detained for a year in Iran over spying allegations has been sentenced to 10 years in prison, his supporters said Tuesday. The sentence for Nizar Zakka, a Lebanese citizen who advocates for Internet freedom and whose non-profit group did work for the U.S. government, comes ahead of Iranian officials attending the UN General Assembly this week. THE ASSOCIATED PRESS

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UNITED NATIONS

Leaders approve refugee, migrant crisis plan

With more people forced to flee their homes than at any time since the Second World War, global leaders on Monday approved a declaration aimed at providing a more co-ordinated and humane response to the refugee crisis.

The issue of what to do about the world's 65.3 million displaced people will take centre stage at the General Assembly with leaders from the United Nations' 193-member states converging on New York for the first-ever summit on Addressing Large Movements of Refugees and Migrants.

"Today's summit represents a breakthrough in our collective efforts to address the challenges of human mobility," said Secretary-General Ban Ki-moon, calling on leaders to commit to "upholding the rights and dignity of everyone forced by circumstance to flee their homes in search of a better life."

British Prime Minister Theresa May is greeted by United Nations Secretary-General Ban Ki-moon at the United Nations headquarters Monday. CRAIG RUTTLE/THE ASSOCIATED PRESS

The New York Declaration for Refugees and Migrants contains no concrete commitments and is not legally binding but rather calls on countries to protect refugees' human rights, boost humanitarian aid and increase resettlement of refugees.

The declaration seeks to standardize responses to refugee situations and provide better education and jobs to refugees. It also encourages resettlement and includes plans for a campaign to combat xenophobia.

A number of countries rejected an earlier draft of the agreement that called on nations to resettle 10 per cent of the refugee population each year, something that has led several human rights groups to criticize the document as a missed opportunity. The U.S. and a number of other countries also objected to language in the original draft that said children should never be detained, so the agreement now says children should seldom, if ever, be detained.

THE ASSOCIATED PRESS

U.K. retirees push Canada

FOREIGN PENSIONS

Brexit talks offer hope to fix frozen payments

Anne Puckridge has two medals, earned during her service to Britain in the Second World War. The 91-year-old jokes that she is still fighting — except now it is against the British government.

Puckridge is one of about 150,000 British retirees who don't receive annual increases in their U.K. pension payments because they live in Canada.

Successive British governments have refused to index their pensions to keep pace with the cost of living, despite decades of diplomatic overtures from Canadian officials.

"I served my country, we all of us, all of us frozen pensioners paid our National Insurance contributions every week on exactly the same term as everyone and we consider it theft," Puckridge said from her Calgary home.

"The government accepted our money for all those years and rather suddenly, reneged on paying out."

Now those pensioners see a glimmer of hope with Brexit.

As Britain negotiates its departure from the European Union, it will have to decide how to deal with the approximately 400,000 U.K. pensioners living in Europe who have received annual increases in their pensions. If the British government decides to upgrade those U.K. pensioners in Europe, it would give those frozen pensioners in Canada and elsewhere a strong argument to pressure the British government to give them annual increases, too.

Those details will be likely be sorted out during exit negotiations with the EU. After that, Britain has signalled its intent to negotiate a free trade deal with Canada.

David Morris, chairman of the Canadian Alliance of British Pensioners said his group wants the Trudeau Liberals to play hardball with Britain in future free trade talks and make indexing their pensions a requirement for a new deal.

THE CANADIAN PRESS

BY THE NUMBERS

A look at foreign pensions inside Canada, and payments abroad.

- **1.24 million:** British pensioners living outside the U.K. and receiving benefits.
- **560,000:** British pensioners living outside the U.K. in countries where their pensions are not indexed.
- **150,000:** The number of those frozen pensioners living in Canada.
- **$865 million:** Approximately how much the increases would cost the British government in Canadian dollars.

Source: Employment and Social Development Canada, U.K. House of Commons Library

British expat and Second World War veteran **Anne Puckridge** wears her medals at her home in Calgary. THE CANADIAN PRESS

PENSION REFORMS

Feds see economy slowing

The federal government expects the proposed expansion of the Canada Pension Plan to curb economic and employment growth slightly in the short term before boosting both of them in the long run.

Ottawa reached a tentative agreement with provincial governments in June to eventually increase contributions and retirement benefits through the public plan.

New data released by the Finance Department says CPP changes will have a temporary impact on jobs — lowering current employment-growth projections by up to 0.07 per cent between now and 2025.

The government says the pension changes will trim the forecast for real gross domestic product growth by up to 0.05 per cent over the short term.

But beyond the year 2025, the government predicts the pension changes will result in increased GDP growth of up to 0.09 per cent and a 0.06 per cent increase in employment.

THE CANADIAN PRESS

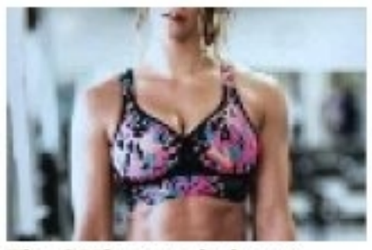
TECHNOLOGY

Sports bra is so smart it measures your heart rate

A Montreal company is entering the competitive sports bra market by launching a smart technology product specifically targeting female runners.

OMbra contains sensors that read biometric signals such as heart rate, movement and breathing rhythms, which are streamed to an app that coaches runners to obtain optimal results.

The bra is a more comfortable and better alternative to watches and wrist bands, says OMsignal CEO and founder Stephane Marceau.



The OMbra tracks heart rate, distance and calories.
COURTESY OMSIGNAL

"Your heart and your lungs are not within your wrists, so to get a good signal you've got to be where the action happens, and the bra delivers the absolute most desirable body real estate to read and listen to the body," he said in an interview.

While some companies already sell sports bras that work with heart-rate monitors, OMsignal believes its bra is the first to capture heart, movement and breathing pattern information. Marceau says these three biometric signals are key to running.

Developed after two years of research, the OMbra uses silver-based yarn to measure the performance of the body and transmit data through a black box to an app. The runner can view a detailed analysis after the run, or monitor her form midstream by receiving audio prompts, for example, to slow down to the most productive fat-burning levels.

Marceau said OMsignal will spend the next six months developing its brand but wouldn't rule out eventually partnering with a major name.

The bra, which uses GPS to track movement, is currently only for use outdoors through an iPhone. However, an indoor application is expected in November and an android connection is planned for early 2017.

Online sales began Monday and will be tested at a few Quebec retail stores. The starter kit, which includes the black box technology and a USB cable to charge the device, retails for $189. Additional bras sell for $79. THE CANADIAN PRESS

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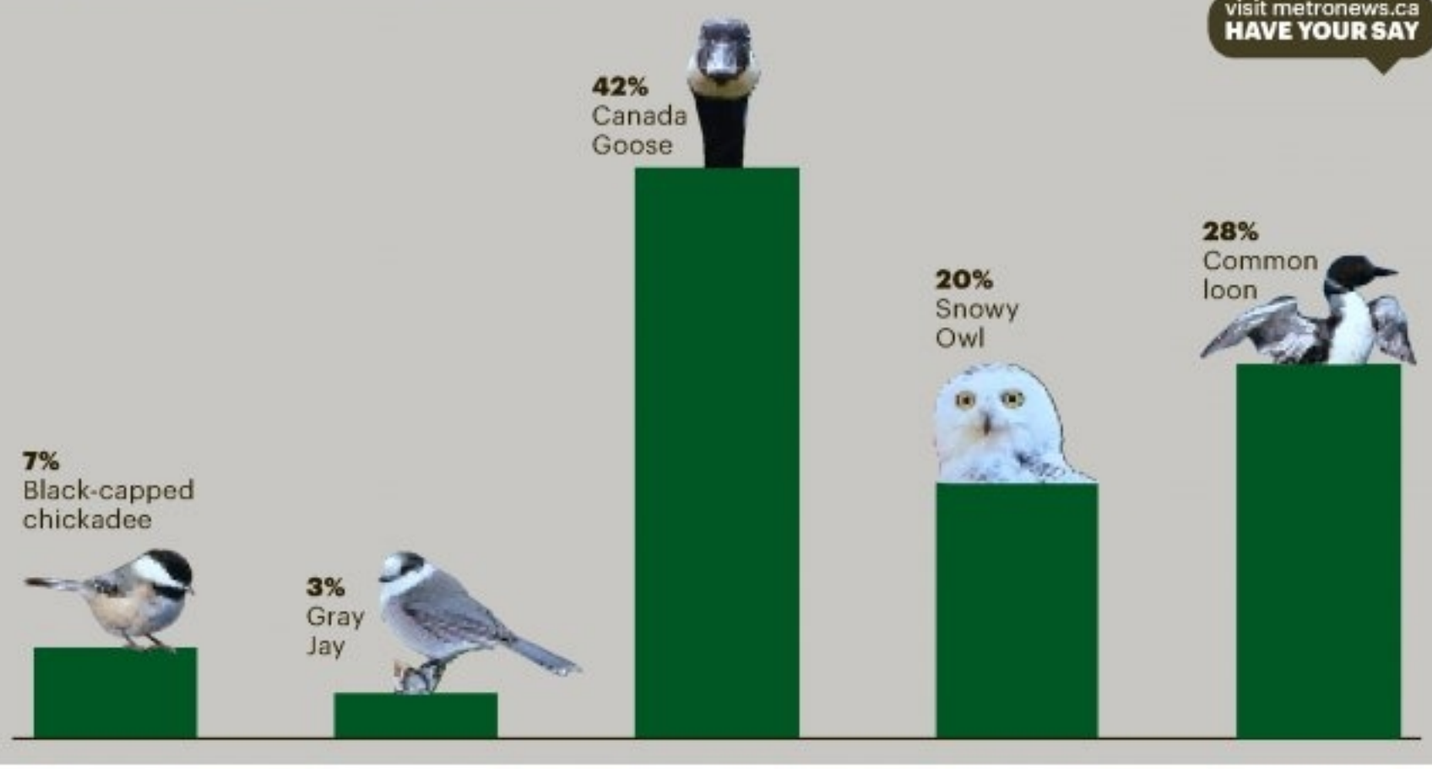
metro VIEWS
Your essential daily news
Tuesday, September 20, 2016

METRO POLL

What should be Canada's next top bird?

Canada doesn't have an official national bird. No, we can't believe it either. In a bid to set things right, Canadian Geographic has created the National Bird Project, which will designate our best feathered friend by 2017. After a preliminary vote, five finalists will now be considered by a flock of experts. We asked our readers to tell us their favourite of the five. Who knows — maybe these tallies will help goose the final results.

visit metronews.ca
HAVE YOUR SAY



What makes you think you can steal my flowers?

INSIDE THE PERIMETER

Shannon VanRaes

Standing in my front yard with a strange woman prostrated before me, begging me to forgive her "in the name of Baby Jesus" as nearly a dozen children watch, I can't help but ask — how did it come to this?

If I'm honest, it started with the seed catalogue I found in the office lunchroom. The roughly sketched cornucopia on its cover and pages of heirloom varieties was a siren song to my green thumb, filling me with nostalgia for an era that never existed. I dabbled with squash that first year, dozens of tomatoes the next, then morning glories and painted daisies, but it was the zinnia that stole my heart. And now, other people can't stop stealing my zinnia.

Not surprisingly, retirees are the most frequent offenders.

They stride down the sidewalk three abreast at high noon, confident they are unobserved by the work-a-day crowd, blissfully unaware of the current shift toward home-based offices. But that's right, grandma: I see you.

However, the young and urban brunch crowd are most egregious, tugging blooms off their stalks with equal measures of entitlement and determination. These basement dwellers are rarely satisfied with one; they need several to fill the void left by years of playing for sports teams in which everyone got a trophy.

Worse yet, these same folks have the audacity to respond to my cries of "Stop stealing the flowers" with cringe-inducing logic such as "It was next to the sidewalk" or "Flowers belong to everyone!"

No, flowers don't belong to everyone. That's why you climbed two fences to reach them, you monster.

At this point you may think me petty. They are only flowers, you shout, shaking your copy of Metro with both hands! Don't you have more important issues to address?

Indeed.

Yes, I have experienced vandalism, extreme vandalism even — prowlers, tire slashing and broken glass. And, yes, city hall is ripe for the plucking, global affairs are in shambles, but somehow seeing a woman using the four-way stretch of her overpriced yoga pants to stoop down and rip out plants I started from seed in my basement seems like a metaphor for so much more.

To quote Lisa Simpson, "This is why we can't have nice things."

And so at some point between noticing the first barren stalks and seeing the hipster who brought their own wicker basket, I lost my patience — all of it.

This brings me to the daycare worker surrounded by her young charges, begging me to forgive her. When she pulled out four whole plants, then returned for additional blooms, the daycare worker did not think she was observed. She certainly didn't expect to be confronted by an irate, pyjama-wearing homeowner. But, then again, said homeowner did not expect any thief to drop to their knees and beg for forgiveness in the name of Baby Jesus.

It's nice to know life still has some curveballs.

If you're wondering, yes, I forgave her in the name of Baby Jesus. Why not? But for God's sake, please stop stealing my flowers.

Shannon VanRaes is a Winnipeg-based journalist and photojournalist She can be reached on Twitter @ShannonVanRaes

ROSEMARY WESTWOOD

I hate that I have to say 'I told you so' about judges who don't get it

A seasoned columnist once told me you know you're losing your relevance when you start quoting yourself. But this is really too good to pass up.

Two weeks ago, in the wake of Robin Camp — our poster boy for judges who don't know the law, let alone exude gender sensitivity in applying it — I wondered who else? What other sexist idiocy is hiding inside a judge's robes? It was the obvious question, and some good journalists asked it. And now we have a slew of answers.

There is Alberta Provincial Court Justice Michael Savaryn, who is under review after ruling that a teenage boy didn't sexually assault a teenage girl. The boy grabbed her breast and backside and tried to kiss her, and she said no, but the judge decided she hadn't clearly expressed her objections because, you know, she smiled.

Then another Alberta judge — Pat McIlhargey — acquitted a 16-year-old boy of raping a 13-year-old girl because "she did not scream, she did not run for help" and she didn't tell her friend.

And finally, hitting the headlines last week was Alberta Justice Keith Yamauchi, who in 2013 ruled that three women's complaints of historical sexual assault weren't credible because they didn't come forward sooner — logic that defies actual Supreme Court guidance and the fact that there is no statute of limitations in Canada on sexual assault.

Really, these cases are piling up like some kind of awful nursery rhyme and exhibit thinking just as antiquated: "One bad judgment, two bad judgments, three bad judgments, four. Unless you're a men's rights activist, you know there must be more."

Let's also keep in mind these other facts. Two unifying factors in all these cases are A: male judges and B: male judges relying not just on so-called common sense but on sexist common sense. It's the problem with assuming that, just by living, you have a good sense of what credible behaviour looks like in others, even if you have no clue as to what it's like to be them, or be raped, for example.

In case you're tempted to think Alberta is some kind of outlier, you might like to know that Crown attorneys in Ontario, as part of the province's It's Never Okay action plan to stop sexual violence, received training on rape culture in the courtroom this year.

And in case you forgot the upshot of all this: Sexism in our justice system not only discriminates against women, it lets sexual predators off the hook.

Thus, we have a system that serves them, and of course, judges, who face little scrutiny and highly secretive reviews. That is, when they face any at all.

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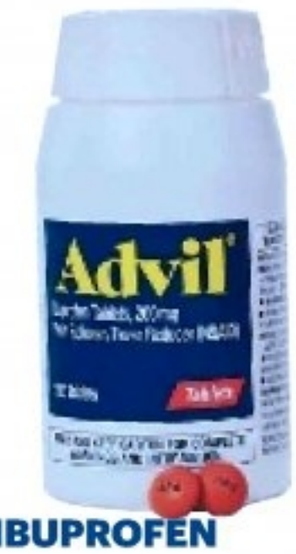
LOVE YOUR LIVER KNOW YOUR PAINKILLERS

Do you come home from a night on the town, guzzle a glass of water with two extra-strength Tylenol to ward off a hangover? You're not doing your liver any favours. Overdose of acetaminophen, Tylenol's active ingredient, is a top cause of liver injury according to Dr. Constantine Karvellas from the University of Alberta Hospital. It doesn't take much, and adding alcohol can be deadly. Health Canada has just moved to make manufacturers label acetaminophen more clearly, but there's still copious confusion about common drugstore painkillers, their uses and risks. **Here's what you need to know.** GENNA BUCK/TORSTAR NEWS SERVICE

ACETAMINOPHEN

A.K.A.: Tylenol, Atasol, Midol, Pamprin, Robax, Paracetamol; hundreds of cold and sinus remedies and cough syrups.
Used for: Pain, fever
Who shouldn't take it? Heavy drinkers (more than three drinks a day) and people who've messed up their livers with acetaminophen before. Steer clear if you're near the maximum daily dose — and don't forget to add up all the sources of acetaminophen. Some experts want the daily limit lowered from 4000 mg, or eight extra-strength tablets, to 3000 mg. Liver damage can even happen below the cut-off if the person is drinking heavily or taking the medicine for a long time.



IBUPROFEN

A.K.A.: Advil, Motrin; many cough, cold and pain remedies
Used for: Pain, inflammation, fever
Who shouldn't take it? Pregnant women (especially if they're 30 weeks along or more); people at high risk of bleeding disorders such as blood clots, bleeding in the lining of the stomach, heart attack or stroke.

ASPIRIN

A.K.A.: Acetylsalicylic acid, ASA
Used for: Pain and fever; also prescribed to reduce risk of blood clots, heart attack and stroke
Who shouldn't take it? Children younger than 12, pregnant women in the third trimester and anyone prone to bleeding or stomach ulcers.

NAPROXEN

A.K.A.: Aleve
Used for: Pain, muscle and back aches, arthritis
Who shouldn't take it? Pregnant women in the third trimester and people with bleeding disorders or inflammatory bowel disease.

Ibuprofen, aspirin and naproxen all work in a similar way. They belong to a class of drugs called NSAIDs. You shouldn't take any of them if you're severely dehydrated, such as during a bad stomach bug. That can damage the kidneys. And drinking alcohol — especially a lot of it — while taking NSAIDs increases the risk of bleeding in the lining of the stomach and intestines.

ALTERNATIVES

You don't always have to pop a pill to relieve pain. Often an ice pack, heating pad or hot water bottle can do the trick. Peer-reviewed studies also show relaxation, meditation and mindfulness techniques can help relieve pain temporarily.

DOUBLING UP

It's OK to take acetaminophen with another painkiller, but doctors advise not to mix aspirin, ibuprofen, naproxen or other NSAIDs with one another — the chance of serious side effects increases, Health Canada says.

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Maslany's win a boon for Canucks

EMMY AWARDS

Orphan Black star puts home talent in the spotlight

Tatiana Maslany. GETTY IMAGES

Tatiana Maslany's Canadian peers are celebrating her Emmy win for Orphan Black, noting it's a victory for the country's acting industry as a whole.

"It's still a rare and huge accomplishment," Republic of Doyle star Allan Hawco said by phone from St. John's on Monday, a day after the Regina native won the Emmy for best actress in a drama.

"I think people in our industry, we can be a bit cynical about awards and we can be dismissive about these kinds of things, but there's no doubt that this is huge.

"They're the capital of the industry in many ways, globally, and those awards are certainly an extremely competitive contest. And for her to just come out victorious, it really reflects the strength of that show, the strength in the writing, the strength in the concept and her performance."

Maslany won for playing multiple clones — all with widely different accents and personalities — on Orphan Black, which airs on Space and BBC America. It was her second time being nominated for an Emmy for the sci-fi thriller, which is set to end after its next season, its fifth.

"It certainly isn't bad for us that one of our own immense talents is taking the world by storm," said Hawco.

"Her work speaks for itself. It truly is a testament to the work that they do on that show and its originality, the concept, the fact that she's a female actor who has full control of it in terms of the characters that are on the series.

"She has a unique opportunity, but she's got the stuff to make it work. It's not something everybody can do, what she's doing on that show."

The 30-year-old had stiff competition in her category: Taraji P. Henson for Empire, Claire Danes for Homeland, Robin Wright for House of Cards, Viola Davis for How to Get Away with Murder, and Keri Russell for The Americans.

"I feel so lucky to be on a show that puts women at the centre," Maslany said on stage, after receiving her trophy from fellow Canadian Kiefer Sutherland.

Twitter is teeming with laudatory messages for Maslany, who was also trending on the social media site on Monday morning.

"I was at a wedding last night so I didn't see the Emmys but YEEEEEEESS @tatianamaslany," posted famed "Hamilton" playwright Lin-Manuel Miranda.

"GAHHH! @tatianamaslany WON AND I'M LIKE," wrote Oscar winner Brie Larson, using crying face emojis to punctuate the tweet.

Maslany's "Orphan Black" castmates, including Jordan Gavaris and Kristian Bruun, were also cheering her on.

"It happened. Finally. So much love for @tatianamaslany. No voice left. Speechless. Tears. Love love love," tweeted Bruun.

"I hope they heard our screams all the way back to Canada," he added.

THE CANADIAN PRESS

JOHANNA SCHNELLER WHAT I'M WATCHING

The Democrat wall that the Emmys built

THE SHOW: The Emmy Awards (CTV/ABC)
THE MOMENT: The political wall

Jill Soloway, winner of outstanding directing for a comedy series for Transparent, accepts her award at the Emmys Sunday. THE ASSOCIATED PRESS

Coming back from a commercial, an announcement: "Ladies and Gentlemen, Dr. Bill Cosby." Awkward silence fills the room. Host Jimmy Kimmel strolls on stage. "He's not here," he says. "I just wanted to see what you would do."

Diversity may have been proclaimed the theme of the night. ("The only thing we value more than diversity is congratulating ourselves on how diverse we are," Kimmel said in his opening.) The winners were certainly a mixed bunch: lesbians (Sarah Paulson, Kate McKinnon, Jill Soloway); black actors (Regina King, Sterling K. Brown, Courtney B. Vance); South Asian men (Aziz Ansari and David Yang); men playing women (Jeffrey Tambor and Louie Anderson); Tatiana Maslany (woot!), a one-woman diversity squad on Orphan Black.

Winning shows were diverse, too: Veep, Game of Thrones and The People vs. O.J. Simpson dominated, but the Emmys made room for everything from Mr. Robot and Bloodline to Key & Peele and Grease Live!

Politically, however, there was zero diversity: In that theatre, it was hard left or nothing. I'm a proud Democrat, but as the Trump jokes wore on, I began to wonder how all this was playing in the red states.

Don't get me wrong, when Soloway chanted, "Topple the patriarchy!" I was cheering along. But to answer Kimmel's question about what "we" would do? The answer seems to be, make that wall between Democrat and Republican a bit higher.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TV BRIEF

Damon Wayans unveils Lethal Weapon TV series

Damon Wayans is direct when asked why there seems to be such a proliferation of movie-based television series invading the small screen.

"They're trying to make money, that's it," says Wayans.

That slightly cynical but honest answer is to be expected from the former standup comic who created the groundbreaking In Living Color with his brother Keenen.

Damon Wayans. THE CANADIAN PRESS

"It's hard to get attention these days when you're launching a new show. So producers want titles that people are familiar with."

That would include Wayans' latest venture, Lethal Weapon, a TV remake of the violent but hugely successful global franchise that paired Mel Gibson and Danny Glover as out-of-sync detectives.

"With the movie being made into a TV series, that certainly gets your attention, but it still has to be good or no one is going to watch it," says Wayans. It debuts Wednesday at 8 p.m. on City.

TORSTAR NEWS SERVICE

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LEARNING CURVE

I haven't bonded with my bunkmate

ISTOCK

So the frenzy-filled days of frosh have come to a close and it's time to get down to business. But even after all the pie-throwing, paint-splattering and get-to-know-you games, you and your residence roomie haven't quite declared BFF status. Is it time to call in backup?

"It's unrealistic to expect to immediately bond with a new person," says Melinda Scott, dean of the University of Toronto's University College. "It's a process that will take some time, so be patient with yourself and your new roommate."

D'arcy Ryan, director of residence life at Concordia University, reminds that the work put into the front end of choosing roommate pairings is extensive, so similarities will become apparent through communication and openness.

"Some of the many things we consider when we make the decision are study patterns, music preferences, programs of study, what countries they're from…" says Ryan. "Our match process is thorough and we have a lot of success."

Keeping those parallels in mind, Ryan suggests asking your roommate what they're interested in and extending no-pressure invites to them when a social opportunity arises.

"Remember that when you have a roommate you know at least one person," says Ryan. "Count yourself lucky that you automatically have one other person that you can talk to and debrief with when entering a large pool of people. Not everyone has that."

Nona Robinson, associate vice-president of students at Trent, advises that a fail-proof show of solidarity is to acknowledge that you're willing to greet potential conflict with your roommate in a constructive manner. She suggests that a student sits down with their new partner in post-secondary and ask them how they'd like possible problems to be resolved.

"Ask them, for example, 'would you prefer I said it directly or write it in a note?'", says Robinson. "Make the commitment you'll address problems that particular way. Sitting and stewing is the quickest recipe for disaster."

D'arcy Ryan adds that if the roommates can't work out their differences, both together and with their R.A., then requesting a switch through a residence manager is an option. But better, he says, to attempt first to exercise a degree of patience and understanding.

"Wait a couple of weeks," says Ryan. "Try it out. Everyone's new to this — so give it time."

CONTRIBUTED

FIND YOUR CALLING IN SOCIAL SERVICES

If you're looking for a career beyond the regular nine-to-five office job, that will give you a lifetime of fulfillment, social services may be for you.

The field of addictions and community service is tailored to helping those in need. If you enjoy helping people, you have good judgement, empathy and communications skills, it may be the niche for you.

As an addictions and community services worker, you could be helping people in many different contexts — depending on what area of the field appeals to you most.

Your workplace could include drug treatment and rehabilitation centres, community services, group homes, community mental health centres, correctional facilities, and facilities for physically and developmentally handicapped individuals.

You'll face many challenges with your clients and will need to demonstrate a proficiency with ethics, interviewing techniques, youth issues, human psychology, pharmacology, relapse prevention and intervention.

The job is well paid too. A social worker in Manitoba makes a median wage of $28.21 an hour, according to jobbank.gc.caa.

If this sounds like the career for you, you can get the right education at CDI College's Addictions and Community Services Worker diploma program.

The program will give you the skills and practical experience you'll need to find a job, including a 300-hour community placement to help you gain real-world experience.

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Robertson College prepares students for all aspects of the health care aide industry

From home care attendants, to home support workers or personal support workers, HCA's play a vital role

Health care is an ever-growing profession, from medical office assistants to health care aides, there will always be a need for industry professionals.

"Robertson College programs are designed for people that enjoy working with others, and want to make a difference," says Amanda Young, faculty head of health, Robertson College, Winnipeg Campus.

"Students are trained on the holistic approach and caring for the 'whole' person."

The Robertson College health care aide (HCA) program combines theory and practical training to equip graduates for positions as health care aides, home care attendants, home support workers or personal support workers.

Health care aides play a vital role in the health care industry by helping individuals with many aspects of daily living and management of ongoing medical conditions.

Most HCA's work under the supervision of nurses or other health care professionals with future advancement possibilities toward positions such as certified nursing unit assistants.

For those individuals looking to gain their HCA credentials in Canada, Robertson College offers the health care aide challenge (HCAC) program.

The requirements to enroll into the HCAC program; students must have attained 1,200 hours within the last 24 months as an uncertified HCA within Canada or the United States, who has the acquired the skills through employment as a HCA or has the education of a registered foreign trained nurse, who has worked in the industry within the past two years.

"The HCAC program is fast paced, and designed to test the knowledge already acquired from the industry professionals," says Young.

"We ensure that our HCAC students are provided an overview on the duties/responsibilities of a HCA, including hands on practical experience in a fully equipped HCA lab prior to facility based practicum experience."

Robertson College offers and arranges industry practicums, giving students hands on practical experience.

All students are monitored by a Robertson College staff to ensure that step-step guidance is provided and return demonstrated competently.

Opportunities are endless there are several avenues they can explore after graduation.

"Students can take the basics that Robertson College has provided and allow them to specialize in a choose area/field," Young says.

"Where there is individuals needing health services, there will always be needing heath care aides to assist with that quality care."

Currently, Robertson College is offering classes during days, afternoons, evenings, and weekends, with classes beginning monthly.

For more information about the HCA and HCAC programs, visit robertsoncollege.com.

HELP STUDENTS WHILE SAVING SOME MONEY

Most people like saving money and one great way to save money on massages is through the supervised student clinic at Wellington College.

Not only can a member of the public receive a quality massage at a less expensive rate than most spas/clinics, they are also helping out future massage therapists to gain the experience they need to move forward with their training.

"The supervised student clinic is an opportunity for basic and advance massage students to apply their skills gained in practical massage classes on the public," says Shane Parrington RMT, W.C Sp (MT), public relations/volunteer coordinator, Wellington College.

"The clinic setting builds confidence in combining the various subjects and practical application of massage both basic and advance students are learning."

The basic student's focus is relaxation/ Swedish massage and hot stone to build their massage foundation.

The advance student's combines their first year experiences with focusing on therapeutic massage.

Therapeutic massage addresses client's complaints through assessment and treatment.

A trained observer is on site to provide advice and clarification for student therapists and clients.

The student clinic runs Monday to Thursday from 5:00 p.m. to 9:00 p.m. A therapeutic massage costs $30 +GST/ hour.

A hot stone massage cost $35 +GST/hour.

The advance students will also be hosting a Wellington grad fundraiser from October to May by holding an additional clinic day once a month.

For individuals looking to enhance their massage skills, Wellington College also has a number of workshops coming up, ranging from relaxation, sports and advance level massage courses.

The list of 15 upcoming workshops for the 2016/2017 year can be found on the Wellington College website under continuing education and workshops.

ISTOCK

There they will find the complete description of the workshop, dates, times, cost and approved credits for MTAM.

Workshop registration is now open for both alumni and non- alumni and space is limited.

For more information on the student clinic, or any of the upcoming workshops, contact Wellington College at 204-957-2402 or wellingtoncollege.com.

Too busy for class? Don't let that make you miss out

Online students include people who simply prefer to study online without being tied to class times or the travel time to school.

Some students are living very busy lives, having to raise children and work full time.

The online training offered through Herzing College is designed those who want to improve or change their careers while being able to meet their obligations.

"With constantly improving technology and improving online teaching methods, online education has become a viable robust way to learn," says Karen Keppler, manager of Online Education, Herzing College Winnipeg.

"There will always be people who would like to have the classroom experience and if their circumstances allow them to go to the classroom, wonderful, but students who have the online opportunity do not miss a thing when it comes to learning."

Keppler says isolation is often brought up as an undesirable facet of online education.

"This may have been true at one time before the development of many interactive tools," says Keppler.

"Students get to know the other students and their instructor while interacting online and supporting each other."

The quality of education online can be every bit as good as one would expect in a classroom.

"Online teachers have learned to train using the learning management systems available to them," says Keppler.

"At Herzing, we choose Moodle as our platform because it is highly interactive and encourages relationship building between students."

Through careful attention to detail and thoughtful development, Herzing has managed to create equivalent programs online to their in class programs.

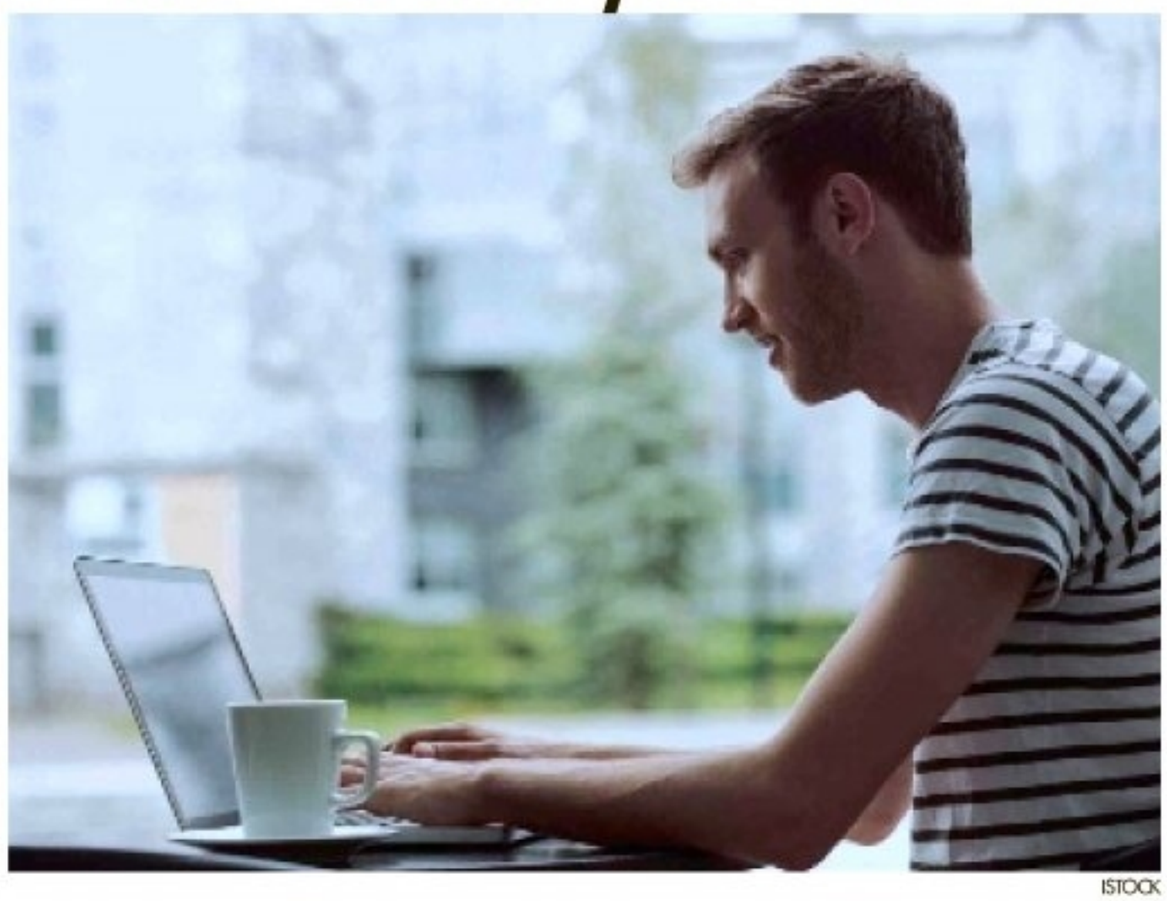
The online programs available are office assistant, supply chain management and logistics, media coordinator, accounting and payroll administrator and business administration.

Several programs are under development such as systems technical support analyst, legal assistant and others.

At Herzing, some of the programs operate under the definition of Flex-Ed.

Flex-Ed allows students to work online but attend a class when they feel they need to be in a classroom or have a specific challenge with training materials.

This option allows new online learners to register online with a classroom as fallback.



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"The risk for the student who is nervous about trying online disappears, and the student can go forward with confidence," says Keppler.

For more information, visit herzing.ca/winnipeg/business.

'Earn Your Diploma Online!

Ask about our Flex-Ed program format

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- *Office Assistant*
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HERZING COLLEGE

Learn project manager skills without missing a beat

Julie Therrien has a challenging and exciting career with Manitoba Hydro International Ltd., which provides services and solutions to customers in the energy and telecommunications sectors around the world.

As a business development officer, Therrien offers project support to a team of utility experts currently working in the Democratic Republic of the Congo.

She already holds a bachelor's degree in commerce but aspired to augment that background with a solid foundation in project management fundamentals.

Attending the part-time masters certificate in project management at PACE (The University of Winnipeg Professional, Applied and Continuing Education) allows working professionals like Therrien to take courses during the evenings, on the weekends, and online.

The objective of this program is to build qualified, capable and well-trained project managers through the delivery of tools, techniques and knowledge that can be used immediately in the field.

Throughout the program, students will learn to better manage projects, from planning and team building to quality and cost management.

They will also become stronger, more effective communicators and leaders.

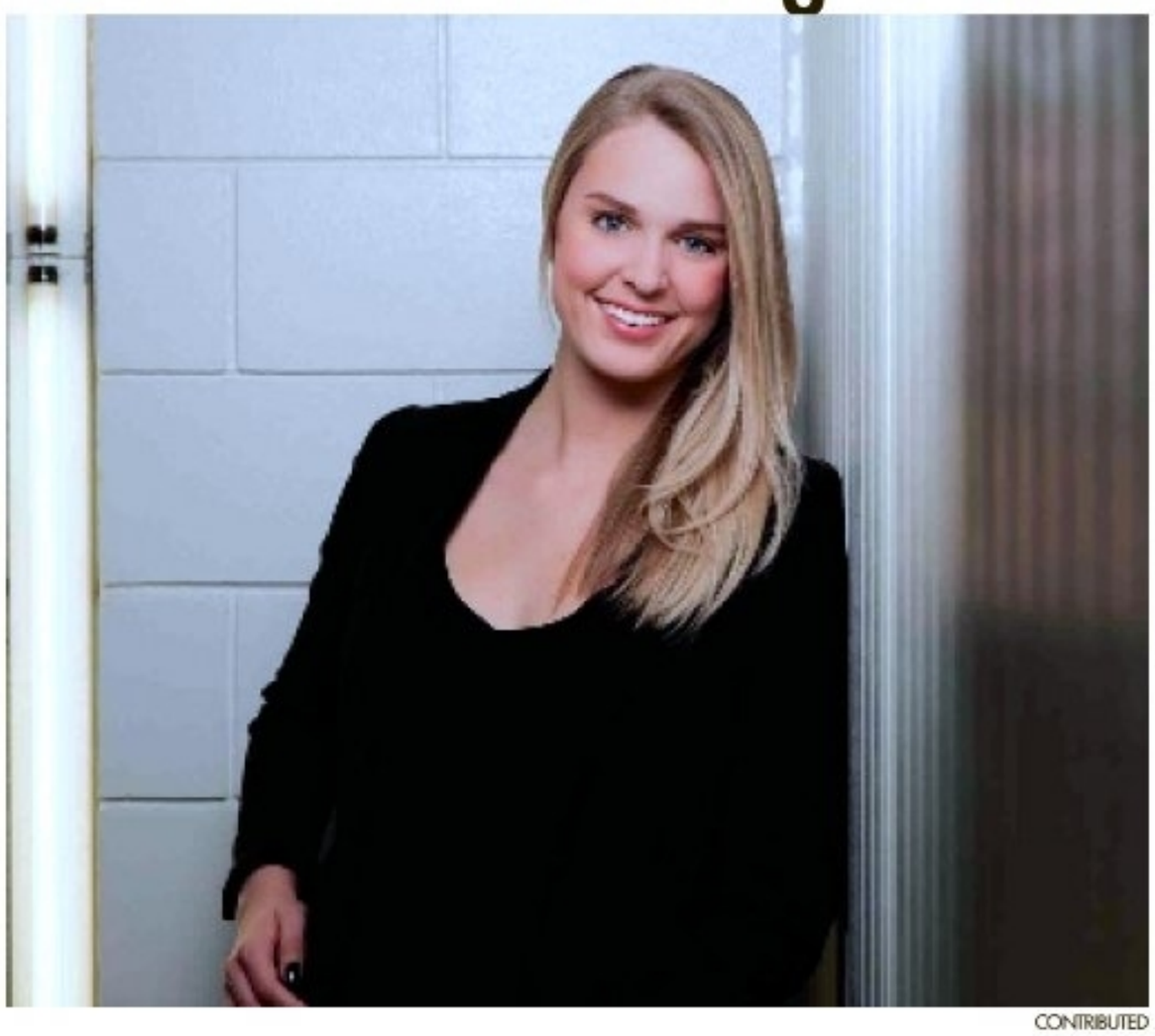
According to Therrien, the PACE program provided her practical knowledge and pertinent tools that she plans to use and implement at her current job and in future endeavours. She credits her final PACE instructor, Celine Goodine, with compiling and presenting all the modules from the program in a pragmatic and comprehensible manner. Once students complete this program, they will be fully prepared to write the PMP® certification examination.

And while this program gives students the chance to connect and network with other project managers, they are also given tools they may need to advance to senior level in project management in their current careers as well.

This program consists of nine modules to complete the program.

During the final module, students will take part in a project simulation portion of the program, where they will execute the project — which can be a unique, exciting and somewhat stressful experience.

The next start date for the masters certificate in project management will be October, 2016. For more information about the masters certificate in project management at PACE, visit pace.uwinnipegcourses.ca.



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JULIE THERRIN,
Graduate, Masters Certificate in Project Management
Business Development Officer, Hydro International

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PACE.UWINNIPEG.CA

SOMETIMES IT PAYS TO HAVE FUN AT WORK

CONTRIBUTED

The part-time therapeutic recreation facilitator for older adults (TRF) certificate program prepares students to provide purposeful and meaningful recreation programs to geriatric populations in community or facility living environments.

This nine-month certificate program has been designed for those individuals who are interested in bringing joy into the lives of others.

"It is a helping profession so you must come to the program with a genuine desire to care for and help others," says Damien Goodridge, lead instructor, TRF program, RRC.

Students of this program learn to provide holistic programming that meets the social, emotional, spiritual, physical, and cognitive needs of residents/clients.

Planning large event programs around special holidays and observances is included in the learning objectives of some courses; however, the program teaches much more than that.

There is considerable focus on learning to provide physically frail and/or cognitively impaired clients/residents with adaptive one-to-one or small group programs.

TRF students also learn how to develop recreation interventions that eliminate or reduce challenging behaviours exhibited by individuals with Alzheimer's Disease or Related Dementia (ADRD).

Similar to a nurse or any other health care professional, TRFs must learn to assess resident/client needs, develop a recreation care plans (or plans of care), document resident/client progress.

Opportunities for graduates of this program include working as a therapeutic recreation facilitator in assisted living, supportive housing, personal care homes, and specialized programs throughout Manitoba.

Programs like PRIME Deerlodge Centre and PRIME Misericordia Health Centre (newly opened), provide a litany of health services for seniors to spend day at and then return to their homes.

Therapeutic recreation programming is also part of the health services offered in with these programs.

"The government is recognizing that an ounce of prevention is worth a pound of cure," says Goodridge.

"The more physically and cognitively active individuals are, the longer they will stay healthy and out of the system."

This program is also offered on a full-time basis each fall, so students interested in the full-time program can begin with the part-time program and transfer into the full-time program in September 2017 with a lighter course load.

For more information about this program, visit rrc.ca/trf.

Red River College | School of Continuing Education
Therapeutic Recreation Facilitator for Older Adults
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Learn to plan and deliver therapeutic, social and recreational programs for older adults. Put theory into practice in community and facility-based settings.
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204.694.1789 or 1.866.242.7073 | cde@rrc.ca | rrc.ca/trf

THE PITFALLS OF PLAYING COLLEGE HOOKY

It's 8:30 a.m. and you've got a class at nine sharp. Gone are the days when Mom was around to boot you out of bed and when your absence during roll call would spell the end of the world.

Post-secondary brings with it a new degree of personal freedom to be or not to be in class. But should you start to worry when your sleep and social life win over seminars every single time?

"It's a normal part of the process of development," says Melissa Gallo, associate director of Humber College's career centre. "But what we do hope you get out of this by the time you leave is the ability to plan and manage your life."

"So much of the learning happens in collaboration and in communication with peers," adds Gallo. "Eventually they're going to miss out on building those connections with students."

Anne Forestall, assistant vice-provost of student affairs at Dalhousie University, says that that very connection has been proven to make a difference when it comes down to grades.

"We do know that there is a correlation between engagement with a campus and academic success," says Forestall. "Oftentimes during class time study groups will form, problems can be worked out together."

ISTOCK

"Although there are many ways for a student to seek out notes outside of class," she continues, "that can't replace the opportunity to put your hand up and ask, 'how does that really work?'"

And while students might feel they won't be missed in the larger lecture halls common to university settings, Forestall insists that empty desks are duly noted.

"I've heard from many faculty members who say they really do get to know the faces despite class size," says Forestall. "They do notice when someone hasn't shown up because they're interested in connecting with their students."

Mary Pierce, chair of the Kinlin School of Business at Fanshawe, reminds that missing college classes in particular can have an immediate impact.

"In applied education there are frequent evaluations," says Pierce. "You're missing more because every day is a hands-on learning experience."

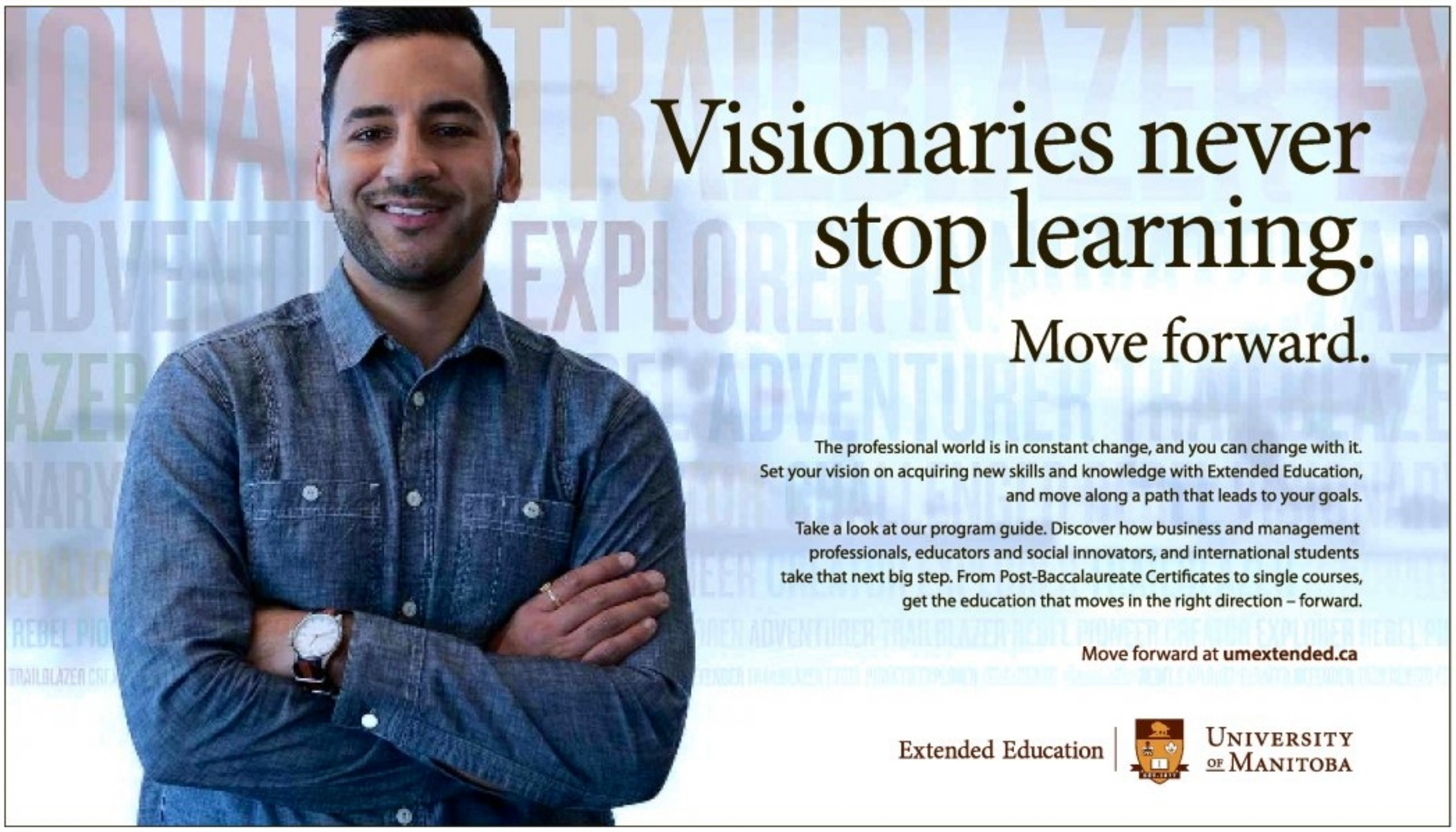
Pierce elaborates that skipping out on the skill of socialization may have repercussions upon graduation.

"In the workplace, people who are good at collaboration get the job every time," Pierce says.

So what is a student to do when the call of the cozy bed is beckoning?

"Think to yourself — where might today lead me," she says. "If I just lie here it's leading me nowhere. If I go one inch further, I might then be one inch further to where I want to be."

"And who knows," adds Pierce. "You might just miss the best class of your life"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"You want to prove people right. Not really the naysayers": Tim Tebow arrived in the Mets' Port St. Lucie, Fla., minor-league clubhouse Monday

Hook, line and sinker

BASEBALL

Fish win 2nd American Association title in Wichita

Darrin Bauming
For Metro | Winnipeg

Same place, same result. The Winnipeg Goldeyes captured the 2016 American Association Championship Monday night at Lawrence–Dumont Stadium in Wichita, Kan., with a dominant 11-4 victory over the Wichita Wingnuts in a final and deciding Game 5.

In the same stadium where they hoisted the hardware back in 2012, the Goldeyes captured their second American Association title since joining the league in 2011, and their third championship in the ballclub's 23-year history.

Reggie Abercrombie was a monster for the second night in a row, jacking a pair of two-run home runs to cap a club playoff record-breaking seven-RBI night as the former Major Leaguer flexed his 36-year-old muscles — clutch in the biggest game of the year.

Goldeyes starter Kevin McGovern CONTRIBUTED

A night earlier in a critical 5-4 win to keep Winnipeg's playoff hopes alive, Abercrombie hit a two-run homer — a complete turnaround from his two total RBIs in Winnipeg's eight previous playoff games.

Starter Kevin McGovern, on just three days rest, allowed five scattered hits and struck out five through six solid innings to earn his first victory of the playoffs.

The Goldeyes took a difficult road to the championship, capturing the lone postseason Wild Card spot on the final day of the regular season with a record of 58-42. They then came back from a 2-1 deficit to beat the St. Paul Saints in five games before moving on the face the Wingnuts who tied St. Paul for a league-best 61-39 regular season mark.

Team Russia celebrates Nikita Kucherov's goal on Monday in Toronto. GREGORY SHAMUS/GETTY IMAGES

WORLD CUP OF HOCKEY

Russians survive late flurry

Auston Matthews scored his first goal at Air Canada Centre in a losing cause as Russia kept its World Cup of Hockey hopes alive with a wild 4-3 victory over Team North America on Monday night.

The Russians, who led 4-1 after four consecutive goals, had to stave off a two-goal comeback from the never-say-die young North Americans. Goaltender Sergei Bobrovsky did his bit to preserve the win.

Down 4-3, North America had a 94-second two-man advantage with some 8-1/2 minutes remaining but failed to convert despite some good pressure. A bench minor for too many men on the ice did not help the North American cause late in the game.

The game ended with 40 seconds of North American 6-on-4 play.

Russia (1-1-0) scored four goals in six minutes 14 seconds in a frenetic second period, prompting North America coach Todd McLellan to pull Matt Murray in favour of John Gibson with 4:17 remaining in the period. Murray faced 19 shots on the night.

Earlier in the day, Leon Draisaitl scored the overtime winner as Team Europe (2-0) edged the Czech Republic (0-1-1) 3-2 on Monday afternoon at the World Cup of Hockey.

THE CANADIAN PRESS

IN BRIEF

Porcello leads Sox past O's

Rick Porcello pitched a four-hitter for his major league-high 21st victory and the Boston Red Sox beat the Baltimore Orioles 5-2 on Monday night to pad their lead in the AL East.

Boston now has a four-game lead on Baltimore. The Orioles started the day with a one-game lead over Toronto for the top AL wild card. THE ASSOCIATED PRESS

Bucks sign Greek Freak to reported $100M extension

The Milwaukee Bucks have agreed to a contract extension with Giannis Antetokounmpo, locking up one of the most versatile players in the NBA.

The Bucks announced the deal with the forward on Monday, and two people familiar with the agreement told The Associated Press that it was worth four years and $100 million.

Antetokounmpo averaged 16.9 points, 7.7 rebounds and 4.3 assists last season, his third in the league. THE ASSOCIATED PRESS

Chargers lose Woodhead

The San Diego Chargers have placed versatile running back Danny Woodhead on season-ending injured reserve with a torn ACL in his right knee.

It was the second season-ending injury to a Chargers playmaker in as many games. Wide receiver Keenan Allen suffered the same injury in a season-opening loss at Kansas City. THE ASSOCIATED PRESS

Seven straight wins have Bombers feeling bullish

BOMBERS THIS WEEK

Ed Tait

The Winnipeg Blue Bombers were in full celebration mode, the euphoria of their seventh straight win having turned their locker-room into an Animal House-like scene Saturday afternoon.

The music blared so loud it rattled anything not nailed down. There were back slaps and high fives with those who have survived all the losing over the last few years savouring every moment.

Winning ain't easy in the CFL. And winning seven in a row hasn't been done in these parts since the 2001 Bombers side cranked out 12 straight.

Amidst all that din, linebacker Maurice Leggett offered up a glimpse of where his head is at as the Bombers enter the home stretch.

"In my mind this was just another game," said Leggett. "I'm on to Calgary. Those guys are on the top.

"I don't feel like we're respected anyway. We're still not respected. 'This is just a run we're on, that we're hot right now'… that's what everyone is saying and Calgary is the team to beat. Guess what? I'm on to them now.

"I don't think anyone will (pick us to win next week), but that doesn't matter. It's what we think in here. We feel like we can beat any team."

Now, Leggett is right: it's unlikely anyone will wager any coin on the Bombers topping the 10-1-1 Stamps this weekend.

But what will be interesting to measure is how much the Bombers have narrowed the chasm that separated these two teams earlier in the year. The Stamps throttled the Bombers 36-22 in a Canada Day matchup in Calgary and then did it all over again with a 33-18 win in Winnipeg three weeks later.

That loss dropped the Bombers to 1-4 and indirectly set in motion the dramatic change we've seen since. Matt Nichols is now the No. 1 QB and the team's identity has been shaped by a thieving defence and solid special-teams unit.

Good enough to beat Calgary? We'll see Saturday.

But this crew is certainly good enough to focus on playing meaningful football into November for a change. Yes, the final third of the season is nasty — in Calgary, home to Edmonton and then home-and-homes with both B.C. and Ottawa to round out the schedule.

Interestingly though, where Bombers of the past would cringe at the thought of what's ahead, this team seems to be embracing it.

We feel like we can beat them.

Maurice Leggett on the Bombers' upcoming matchup with the CFL-best Stampeders.

RECIPE Roasted Chicken and Chickpea Tray Bake

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Piling a single tray full of dinner is a strategy we love for busy weeknights and if it happens to yield tender chicken with Moroccan-inspired flavors then all the better.

Ready in 35 minutes
Prep time: 10 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 5 Tbsp olive oil
- 4 cloves garlic, minced finely
- 1 tsp paprika
- 1 tsp cumin
- 2 tsp salt
- Pinch pepper
- Pinch of red pepper flakes
- 1 cup Greek yogurt
- 6 boneless, skinless chicken thighs
- 2 cups cherry tomatoes
- 15 ounce can chickpeas, rinsed
- 1 cup cilantro

Directions

1. . Preheat oven to 450 F.

2. Whisk oil, garlic and spices together. Take 1 Tbsp of the mixture, stir it into the yogurt.

3. In a large bowl, toss the chicken, tomatoes, chickpeas and cilantro with the rest of the oil and spice mixture. Arrange in a single layer on a rimmed baking sheet.

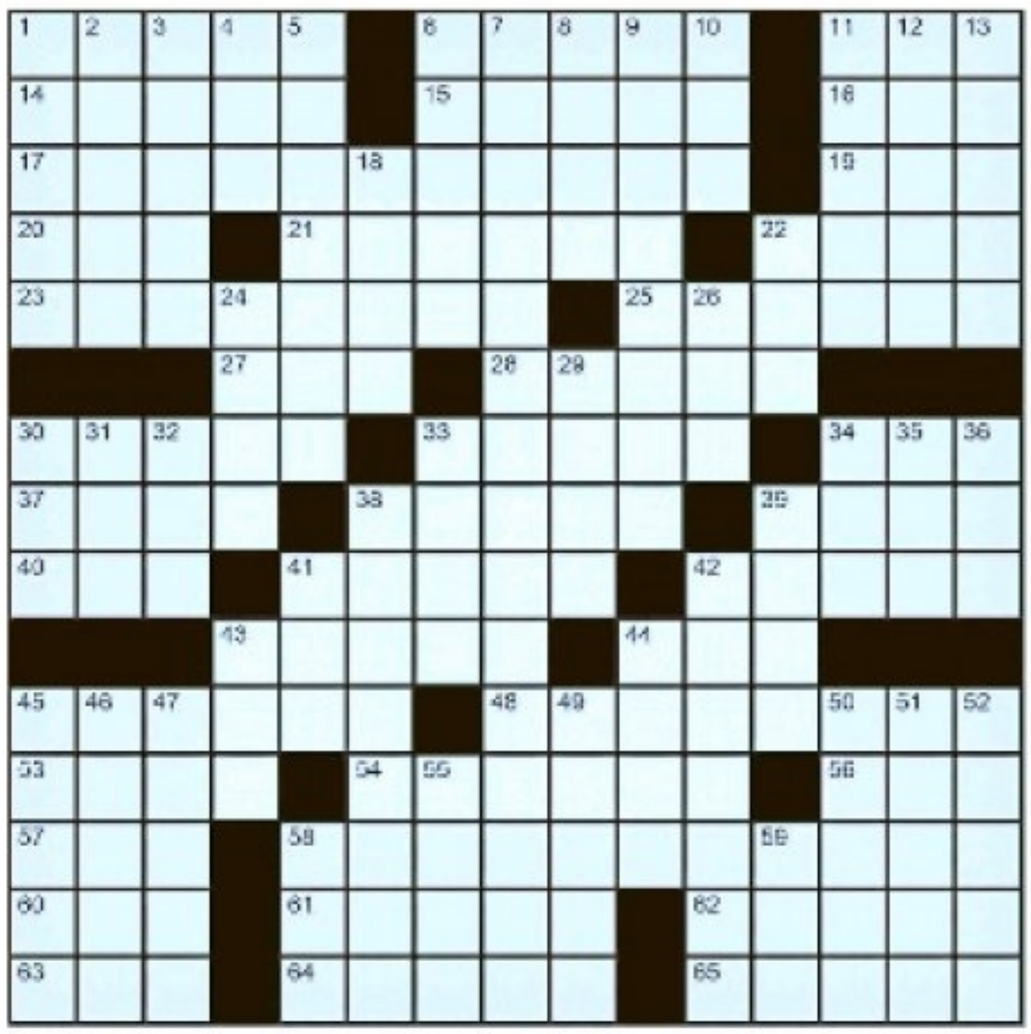
4. Bake for 20 to 25 minutes.

5. Serve with a dollop of the spiced yogurt.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Canada Post product
6. Resort in Colorado
11. Boat's stern
14. Enthusiastic
15. Castle material
16. Caviar
17. Name of the new Lay's potato chip flavour available for a limited time at Canada's famous 'Swiss' restaurants: 2 wds.
19. Pistol
20. Canuck comic Mr. Green
21. Jagged chain of mountains
22. Li'l offices
23. Without any chairs
25. Chocolate _ (Dessert selection)
27. "Without _" by Harry Nilsson
28. Was optimistic
30. Relieve or calm
33. Bran cereal benefit, States-style
34. Trudeau and Diefenbaker, et al.
37. Sort of water bird
38. Two-footed
39. _-_ (Public event, '60s-style)
40. _-thumper (Vocal supporter of a cause)
41. Singer/songwriter Ms. Chapman
42. Trumpet-playing Muppet
43. Seasoned yogurt dip
44. Blue Rodeo hit
45. Misunderstandingly-made mistakes
48. Marching, as a band
53. Actor Mr. Arkin
54. Meddle: 2 wds.
56. Murmur
57. Rule out
58. Shapeshifting spirit which imparts life lessons in traditional storytelling of Anishinaabe culture
60. Ms. Babilonia of ice
61. "A Passage to _" (1984)
62. Big cats
63. Want _ (Newspaper section)
64. Pretty perennial
65. Think alike

DOWN
1. Religious orders
2. Chevrolet SUV model
3. Kind of lizard
4. Mr. Brooks
5. "Ladies and gentlemen... Elvis _!!!"
6. Beasts of burden
7. James T. Kirk's gig: 2 wds.
8. Rain hard
9. Bivouacked
10. Born, in the social pages
11. 100-eyed giant of ancient Greek mythology
12. 4 4 4 4
13. Uptight
18. Wedding cake's one-of-some
22. "Married... with Children" son
24. Pointing-out word
26. 'Neath's opposite
29. Don't upset the Sergeant
30. Deed
31. Mr. Ferrigno
32. Tennis shot
33. Italian car manufacturer
34. Write
35. Bdwy. musical, with Les
36. _-Cat (Ski resort vehicle)
38. Australia city
39. Bartender on "Cheers", Woody _
41. Kitchen's water source
42. Oats/dried fruit/nuts mixture
43. Bolt
44. Triad
45. _ Ray (Aquatic creature)
46. Odyssey's prequel
47. Graph line, _-_
49. Cornered: 2 wds.
50. Blood of ancient Greek gods
51. Peter of Herman's Hermits
52. Zippo = _ egg
55. Take apart
58. Frostiness
59. Zag's pal

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This can be a productive day at work for you, especially if you want to wrap up old business. You might see new ways of doing things. You also might see new ways of using things you already have

Taurus April 21 - May 21
A discussion about how to educate children will yield positive results today. Certainly, people are opinionated about this and other creative matters.

Gemini May 22 - June 21
A family discussion might get to the bottom of something today, which is a good thing. It's time for everyone to put his or her cards on the table.

Cancer June 22 - July 23
Your conversations with others will be intense today. People want to know the subtext of things. They want to know what is really happening.

Leo July 24 - Aug. 23
You will be resourceful at using your money and possessions today to get the results you want. You might even see new ways to earn money.

Virgo Aug. 24 - Sept. 23
Today you are concerned with deep issues. You might want to redo something or even give yourself a makeover.

Libra Sept. 24 - Oct. 23
Because you want to know what is going on behind the scenes, this is a good day to research what you need to know. Dig deep and ask questions to find the answers you seek.

Scorpio Oct. 24 - Nov. 22
You might attract someone powerful to you today who might influence you to change your goals. You want your beliefs to be meaningful.

Sagittarius Nov. 23 - Dec. 21
A discussion with a boss, parent or someone in a position of authority will be memorable today. Listen to what this person has to say, at least, out of respect.

Capricorn Dec. 22 - Jan. 20
Someone who is knowledgeable about philosophy, politics and religion will appeal to you. You especially want to understand the truth behind big ideas.

Aquarius Jan. 21 - Feb. 19
Discussions about inheritances and shared property will go well today because nothing will be overlooked. It's almost as if you have X-ray vision.

Pisces
Feb. 20 - March 20
Relations with partners and close friends are intense, because people want to get down to the nitty-gritty of things. You don't want to waste time on superficial chitchat. They want the straight goods.

CONCEPTIS SUDOKU by Dave Green

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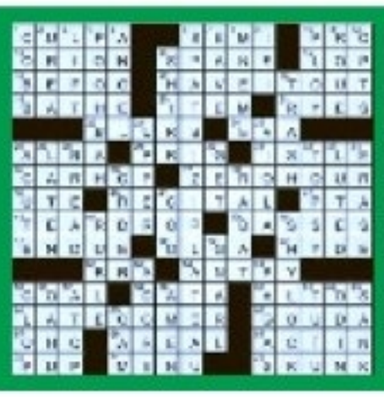
YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games



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